



Relax your body and
mind. Recharge and
pamper your soul.

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ST. MICHAEL
& COMPANY 
MASSAGE & SPA

Oncology Massage

What We Do

Oncology Massage is a safe, specialized form of massage therapy that is a soft touch specifically for cancer patients to help them manage their experience with cancer.

The massage treatment plan revolves around the side effects (both short- and long-term) of chemotherapy, radiation, and surgery, as well as the preferences and needs of the person. Its individualized treatment depends on the session length, pressure, and positioning and considers areas of specific concern like mediators, bone metastases, swelling, or skin reactions to treatment.

Benefits of Oncology Massage

- *Helps address the side effects of radiation, surgery and chemotherapy*
- *Can improve sleep*
- *Supports the immune system*
- *Ease nerve pain*
- *Lessen muscle tension*
- *Lessen swelling*
- *Helps with range of motion*
- *Relieves nausea*
- *Reduces depression and anxiety*
- *Improves sleep and lessens fatigue*



- "It's when we start working together that the real healing takes place." - David Hume

Factors for Consideration

- High risk of easy bruising, mainly if they are on blood thinners or have bleeding tendencies
- Risk of skin irritation or noticeable skin changes due to chemotherapy drugs and radiation
- Immune-suppressed due to chemotherapy or other treatments
- Reduced bone density and metastases to bony sites,
- Low pain tolerance or threshold due to pain-medication
- Neuropathy in the hands and feet
- Lymphoedema, especially after surgical removal of lymph nodes and or radiotherapy
- Low white/red blood cell count
- Mobility
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Prior To Your Appt

Before any appointments are scheduled, we asked our clients to provide whenever medical records/doctor's instructions and become familiar with patients' past and current conditions, medications, and treatments.

Clients will also ask to complete an in- take form.